

May Senior Center Gazette 2005



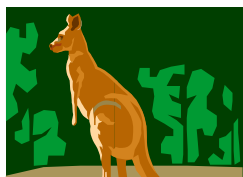
MOTHER'S DAY CELEBRATION

Friday, May 6, Noon
Riley's Mother's Day Lunch
Breast of Duck with
Dark Cherry Sauce and
Multigrain Rice Pilaf

Mother's lunch tickets are
provided at no cost
as available in honor of

BOYKA (SANKOFF) RICE
By **TINA M. SANKOFF**

Other tickets are:
\$5 for members
\$7 for non-members



May Birthday Party
Friday, May 13, 1:30 p.m.
Entertainment by
Wild Things!

Join us for an exciting time with all of the wonderful wild animals that Wild Things! will bring. Even if May is not your birthday month, you can enjoy the fun. Cake, ice cream, and coffee will be served in the dining room after the show. Prizes will be awarded in a drawing from the names of seniors present that have birthdays in May. Prizes have been donated by Carlton Plaza, Kathy's Floral Design, Atria's Retirement Inn, Cookies by Design, Rose's Mortuary and the Builder's Fund.

COMMUNITY SERVICES

SENIOR SERVICES	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS)	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
SOCIAL SECURITY	1-800-SSA-1213
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP)	839-0393
TRI-CITY HEALTH CLINIC	713-6685
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR PEER COUNSELING	574-2063
ALZHEIMER ASSOCIATION HOTLINE	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.



Thursday, May 5 6-10 PM
Fremont Marriott Hotel
Thursday, May 5 6-10 PM

Don't miss the Human Services Fundraiser, "Meet Me at Fiesta de Colores" to help support the Senior Center and the Youth & Family Services Infant-Toddler Program. Dinner, musical entertainment, a silent auction, and raffle are all planned. Invitations are \$100 per person at the Senior Center Office. We are seeking Silent Auction Items - call Janice Anderman 790-6602 for information.

**Senior Center will be closed for
the Memorial Day Holiday,
Monday, May 30, 2004
Have a happy holiday!**

Speakers in May

Tuesday, May 3, 11 am
**Munisha Mirchandani &
Michael Johnson**

Lincoln Financial Advisors
Long Term Care Strategies

Come and learn the "latest"!

- how to plan for your future care needs
- how NOT to burden your family or drain your savings
- alternatives to buying long term care insurance

Bring all of your questions .

Tuesday, May 31, 1:30 am
"HERBAL HOUR"

Anne Small, a certified herb specialist, and Alicia Tewell, a Spanish-speaking certified herb specialist, will present a short talk about how herbal remedies such as garlic, cayenne, wild yam, and hydrangea can help with digestive problems, worry, stress, or other common ailments. Bring your questions about herbal remedies.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.